

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 11, NO. 10, OCTOBER 2023



Enjoy these discounts from some of the eateries in our Framingham area





One FREE
Breakfast, Lunch or
Dinner Sandwich

508-879-1650
www.mcdonalds.com

Route 30 Mall, 343 Cochituate Rd.
Framingham, MA 01701

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/23.



\$5 OFF
any purchase of \$25 or more
Offer Good at Framingham location only

508-879-9161
www.bertuccis.com

150 Worcester Road
Framingham, MA 01702
Hours: Mon.-Thurs., Sun. 11AM - 10PM,
Fri. & Sat. 11AM - 11PM

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/23.



Senior Center Communications, LLC
Connecting Seniors with Consumer Brands through Senior Center Communications

www.seniorcentercommunications.com

Tom Keller - Regional Director
508-361-7000

tom@seniorcentercommunications.com



Now Accepting Applications for Waitlist

WELCOME HOME TO FRAMINGHAM GREEN & IRVING SQUARE EXPLORE THE POSSIBILITIES

- Heat and hot water included
- Open and airy living spaces
- Modern appliances
- Oversized windows with ample natural light
- Community lounge retreat
- Laundry care suite
- Landscaped setting
- Professional, on-site management with 24-hour emergency maintenance
- Pet-friendly (guidelines apply)
- Resident services and activities
- Close to medical centers, bus services via the MetroWest transit, and major highways



Framingham Green
136 Maynard Road, Framingham
508.872.0500 | FraminghamGreen.com



Irving Square Apartments
75 Irving Street, Framingham
508.875.4400 | LiveIrvingSquare.com



Irving Square and Framingham Green are predominately designed for seniors 62+ as well as persons with disabilities who are under age 62. Income guidelines apply. Info contained herein subject to change without notice. For more info, language assistance, or reasonable accommodations for persons with disabilities, please call or email.



DIRECTOR'S CORNER

Hello October! It is a beautiful time of year in Framingham with the fall foliage and warm weather that is comfortable to do anything outdoors. Apple picking, choosing the perfect pumpkin, and attending craft fairs are popular activities. Enjoy everything that this month has to offer.

October is when Medicare Open Enrollment begins. It lasts from October 15 to December 7. This is an opportunity to review and change your Medicare health coverage and prescription drug plans. SHINE Counselors are available to provide free advice regarding your coverage. You can schedule an appointment to meet with a SHINE Counselor by calling the Callahan Center's Front Desk Receptionists.

Our cultural programs for October are varied and exciting, as well. They include the Kennedy Saga: Part Two with Rick Tulipano, National Parks: Rocky Mountain Parks presented by Steve Farrar, and Singers/Songwriters of the 60s with John Clark. A virtual offering can be seen on Zoom featuring Artistic Collaborations and Competitions presented by Jane Oneail.

I would like to announce the additions of two new staff members. First, Liana Santos is our Bilingual Outreach and Durable Medical Equipment Coordinator. She brings vast experience as a researcher concerning issues affecting older adults' lives. Liana speaks Portuguese fluently and provides the Callahan Center the opportunity to communicate and include a more diverse population with our activities and services. Also, Liana will manage the very busy loaning of durable medical equipment, such as walkers, wheelchairs, etc., to Framingham's older adults. Welcome, Liana!

Our second new employee is Igor Khrapach. He is our Van Driver who will work all day Mondays and in the mornings on Tuesdays through Thursdays. Igor is an experienced driver who is already familiar with Framingham's roads. His kind and easy-going nature make him a good fit for assisting and driving our passengers throughout Framingham and to Market Basket in Ashland on Wednesday mornings. Welcome, Igor!

I look forward to seeing everyone in October.

Randy

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**

Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.

Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE: The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

CALLAHAN CENTER STAFF

STAFF

Randy Aylsworth, MS, Director of Elder Services
Paula Geller, Programs Manager
Kelly Lanefski, Administrative Assistant
Ralph Dunlea, Computer Room Coordinator
Roberta Ho, Volunteer Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
David Higgins, Van Driver
Igor Khrapach, Van Driver



SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavalley, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Liana Santos, Bilingual Outreach/DME Coordinator
Sam Swisher, MBA, Outreach Volunteer Coordinator

SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director
Emiliana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Patrick Dunne,
Marie Giorgetti, Thomas Grove,
Audrey Hall, Kathie McCarthy,
Jennifer Rich, Linda Schwartz,
Brian Sullivan

**COA Board Meeting -
October 10, 1:30 p.m.**

THE LEARNING CENTER FOR THE DEAF AUDIOLOGY CLINIC



- Certified & Licensed Audiologists
 - Fluent in English, Spanish, & ASL
 - Accept Most Private Insurances
 - Complete Diagnostic Hearing Test
 - Latest Hearing Aid Technology
- Adults • Infants • Children

Contact us to learn more about our services

848 Central Street, Framingham, MA 01701
www.tlcaudiology.org (508)875-4559

The Callahan Center will be closed on Monday, October 9 in honor of Columbus Day.

JOIN US ON TUESDAY EVENINGS

The Callahan Center is now open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through November 3.

SENATOR SPILKA'S 55+ HEALTH & WELLNESS FAIR

Saturday, October 14, 9 a.m.-1:30 p.m.
Keefe Tech, Framingham

Senate President Spilka's Annual 55+ Health and Wellness Fair will offer resources, workshops and activities focused on all aspects of wellness. Attendees will have access to more than 60 exhibitors with information on a range of topics including mental health, healthy cooking, fraud and scam protection, demystifying Medicare, and other timely topics. Workshops and health offerings will include fun and interactive fitness and music activities, free health screenings, flu shots, and more. The program will include live music, free prize drawings, and free breakfast and lunch. To guarantee a space for lunch and workshops at this free event, please register online at karensphilka.com/attend2023. For questions, call the Senate President's office at 617-722-1500.

DROP-IN HOURS WITH CONGRESSWOMAN CLARK'S OFFICE

Wednesday, October 11, 10 a.m.-noon

Meet with Jay Higgins, Senior Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

PLEASE BE AWARE that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.

DROP-IN HOURS WITH STATE REP. PRISCILA SOUSA

Monday, October 16, 10-11 a.m.

Meet with state representative Priscila Sousa at Callahan. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

FRIENDS: MEET THE BOARD

Wednesday, October 11, noon

Get to know the Friends Board and learn more about the Friends' mission and activities. The Board looks forward to hearing your thoughts, questions and ideas. **Lunch available at 11:30 a.m.**

Boxed lunch: \$10, must be paid by 10/6.

Choice of: Chicken Caesar Wrap, Roast Beef on Roll, Caesar Salad, or Turkey BLT Wrap. All include chips, cookies, fruit, and bottled water. Sign up at the front desk.

UPCOMING TRIPS WITH FRIENDS OF ASHLAND & FRAMINGHAM COAS

Vermont Fit for a King, 10/17, \$125pp

A New England Christmas, 11/26, \$160pp

Christmas Celebration with the Corvettes, 12/12, \$120pp

Additional day and overnight trips are scheduled through February. Flyers for all trips are available at the Callahan Center and via Constant Contact.

YOUR VOTE COUNTS

Are you registered? All United States citizens are eligible to vote if they will be at least 18 years of age as of the next election. Registration for the November 7 State Election closes on October 28 at 5 pm. For more information and list of polling locations, please visit <https://www.framinghamma.gov/3046/Elections-and-Voting> or contact the city clerk's office at 508-532-5520.

BREATHING FREELY: EMPOWERING RESPIRATORY WELLNESS IN COPD

Presented by: Casa De Ramana

Wednesday, October 11, noon

The Better Breathers Group welcomes special guest speaker, Stephanie Melendez, Clinical Liaison at Casa De Ramana. This session aims to educate and equip individuals with strategies to manage shortness of breath and fatigue during activities, fostering a better quality of life for those living with Chronic Obstructive Pulmonary Disease (COPD). There will be ample opportunity for questions and discussion. Together, we will explore how to breathe freely and reclaim control of your respiratory health, enabling you to lead a more active and fulfilling life with COPD.

A NOTE ABOUT THE CENTER

While we strive to keep the building temperature comfortable for all throughout the changing seasons, it may be helpful to bring a sweater or light jacket with you to programs.

PLEASE REMEMBER TO SWIPE OR SIGN IN

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.

DOUBLE DINE AROUNDS IN OCTOBER!

Margaritas, Wednesday, 10/4

BJs Restaurant & Brewhouse, Wednesday, 10/18

See page 10 for details.



*Are you ready to rightsize to a smaller or newer place?
 Are you overwhelmed at the thought of de-cluttering
 your current home?*



CALL

THE ANTONIO TEAM
 KELLER WILLIAMS BOSTON METROWEST

NANCY ANTONIO 508.561.0865
 SENIOR REAL ESTATE SPECIALIST

ERICA ANTONIO 508.561.1868



*House de-cluttered, repaired then on to
 market & sold - all within 90 days!
 3 MONTHS TO MONEY IN YOUR POCKET!*



CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk to register: 508-532-5980, ext. 0

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



THE KENNEDY SAGA, PART 2 AMBITION ACHIEVED

Thursday October 12, 1:30 p.m.

Presented by: Rick Tulipano, Historian & Author
Register by 10/11

In 1960, John F. Kennedy reached the pinnacle of political power. This was the culmination of his father's grand ambitions. But the controversies that shadowed JFK's ascent to the presidency only multiplied after he was assassinated in 1963. His brother Robert then suffered a similar fate less than four years later. We'll look at both of these tragedies and the conspiracy theories that have dogged them through the decades.



Judith Leyster and Jan Molenaer, early modernists Georgia O'Keeffe and Alfred Stieglitz, as well as Frida Kahlo and Diego Rivera. Presenter Jane Oneail curates and delivers art appreciation programs to audiences throughout New England. She holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. Jane has worked at some of New Hampshire's most esteemed cultural institutions and has taught Art History at the college level for more than a decade.

NATIONAL PARKS: ROCKY MOUNTAIN PARKS

Thursday, October 26, 1:30 p.m.

Presented by: Steve Farrar

Register by 10/25

The Rocky Mountains stretch throughout the middle of our nation and provide



a wondrous variety of ecosystems that range from high mountain peaks to super-sized sand dunes. Parks expert Steve Farrar will take us on a slide show tour of five National Parks, following the Rockies south from Glacier National Park on the Canadian border, through Wyoming's "dynamic duo" of Yellowstone and Grand Tetons, and to two incredibly diverse Colorado parks. Whether you have visited these areas or would like to learn what's waiting for you to explore, Steve's stories and pictures are sure to make for a memorable afternoon.

SINGERS/SONGWriters OF THE '60S

Tuesday, October 31, 1:30 p.m.

Presented by: John Clark and His Great American Music Experience

Register by 10/30

Enjoy the music and the stories of some of the notable singers/songwriters who shaped the 1960s. We'll start with Tim Buckley, Tim Hardin, Tom Paxton, Gordon Lightfoot, and Phil Ochs, who all achieved a measure of success. Next, John will discuss the importance of Tom Rush and Judy Collins in helping to popularize many of the best writers by covering their songs. We then turn to the early days of numerous artists who launched careers that brought them great success in the 70s and beyond—Donovan, Van Morrison, James Taylor, Neil Young, Joni Mitchell and more. John will also highlight lesser known singer/songwriters like Richard Thompson and Jesse Winchester, as well as Robbie Robertson, creative force behind The Band and John Lennon and George Harrison of the Beatles who released their first solo records before the end of the decade.



ARTISTIC COLLABORATIONS & COMPETITIONS, PART 2

MADE FOR EACH OTHER

Tuesday, October 17, 1 p.m.

Presented by: Jane Oneail

Register by 10/16 to receive the Zoom link

The art world is fueled by passion and competition. This program looks at famous artist couples throughout history and examines how they inspired, pushed and influenced each other. The program will include Dutch Baroque artists

VIRTUAL



2024 MEDICARE OPEN ENROLLMENT OPTIONS

Tuesday, October 10, 9:30 a.m.

Presented by: MetroWest SHINE
Register by October 6

It's that time of year when Medicare beneficiaries receive mail from their health insurance companies and learn about the changes for 2024. Health insurance premiums change, health care and drug coverages change, providers contract with different plans, and new benefits are introduced. Would you like to hear about all the options? Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2024, and what to keep in mind if you are looking to change your plan. *Remember that Medicare Open Enrollment runs October 15 – December 7. Individual appointments are available with SHINE counselors by contacting the Callahan Center – 508-532-5980, ext. 0.*



THE GREAT TOURS DVD: LONDON, OXFORD & CAMBRIDGE

Thursday, October 19, 1:30-2:30 p.m.

Register by 10/18

We begin our tour at Buckingham Palace and the Houses of Parliament, two of the most popular tourist destinations that embody the government of Great Britain. See why these buildings are such a draw, learn about their architecture and renovations over the years, and reflect on the nature of Britain's constitutional monarchy. We'll then visit the famous university towns of Oxford and Cambridge. Both house venerable academic institutions, each with its own distinct mood and atmosphere. Learn about some of the famous graduates from each university and



tour a sampling of their beautiful chapels, libraries and rivers. Our guide, Professor Patrick Allitt, is a British-born scholar who teaches at Emory University.

MOVIE MATINEE: NOMADLAND

Tuesday, October 24

1:30-3:20 p.m.

Register by 10/23

NOMADLAND was the 2021 Academy Award Winner for Best Motion Picture. Actress Frances McDormand portrays a woman in her sixties who loses everything in the Great Recession and embarks on a journey through the American West, living as a van-dwelling modern-day nomad. McDormand won an Oscar for her performance and became the first actress nominated by the Academy for both acting and producing for the same film. Rated R



FITNESS & WELLNESS

SMALL BALL & LIGHT WEIGHTS WITH ANN**Wednesdays, 11 a.m., \$3 per class****Starts October 18****Canceled 10/4 & 10/11**

This class meets every Wednesday, EXCEPT the second Wednesday of each month. Build strength, balance, and stability in this class, which incorporates a small Bender Ball and light hand weights (1 to 3 lb. recommended). Exercises will be done to music in a standing position and utilizing the chair.

STRENGTH & CARDIO WITH JENN**Mondays, 10:15-11:15 a.m.****Wednesdays, 9:30-10:30 a.m.****\$3 per class****Canceled 10/9**

Move to upbeat music in this full body workout. Low impact exercises that focus on your strength, cardio endurance, and posture are done rhythmically to add motivation and fun. This class begins with a warm up and ends with a cool down and stretching. Participants may use hand weights if you have them. Jenn is a Certified Personal Trainer with 10 years of experience in providing group and individual instruction at area fitness facilities and for corporate clients.

TAI CHI WITH JON**Mondays, 12:30-1:30 p.m., \$4 per class****Canceled 10/9**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience



is necessary, this class involves one hour of movement without the assistance of a cane/walker.

ZUMBA WITH SUSAN**Tuesdays & Thursdays, 11 a.m., \$3 per class**

Zumba mixes world rhythms and easy-to-follow dance moves, so you have fun while exercising. Instructor Susan Craver has been teaching Zumba for over 10 years.

MINDFUL LIVING & MEDITATION WITH LISA**Wednesdays, 11 a.m.-noon, \$3 per class**

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

MOBILITY, STRETCH & BALANCE WITH ANN**Tuesdays OR Thursdays, 9:30 a.m., \$3 per class****Must be pre-registered for this class.****Call the front desk to be added to the wait list.****Canceled 10/3 & 10/5**

Join Certified Fitness Instructor and Certified Personal Trainer Ann Saldi for this weekly class designed to improve your flexibility, posture and joint mobility. Stretching is an important part of flexibility and helps to offset the effects of the normal decline in flexibility as we age. This class will also incorporate key balance exercises to allow for muscle awareness to aid in the prevention of falls. Exercises are done standing and seated with adaptations available for those who prefer to remain seated.

CHAIR YOGA WITH REBECCA**IN PERSON: Fridays, 11 a.m.-noon, \$3 per class**
ON ZOOM: Tuesdays, 4:30-5:15 p.m., \$3 per class

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca has been teaching chair yoga classes for older adults at senior centers throughout the MetroWest area. .
To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.

CALLAHAN FITNESS CENTER**Mon, Wed, Thurs, 9 am-4 pm; Tues, 9 am-7 pm; Fri, 9 am-1 pm*****Note: The fitness room is closed for special programming on Thursdays from 1:30-2:45 pm.**

Try our suspension elliptical, treadmill, rower or exercise bikes! The Callahan Fitness Center features eight state-of-the-art fitness machines. The Fitness Room is open to adults age 55+. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time. Please sign in at the front desk.

**A Continuum of Top-Rated Senior Living & Healthcare Services**

Traditional, Memory
Care & Mental Health
Assisted Living

Mary Ann Morse at Heritage

508.665.5300

Medicare-Certified
Skilled Nursing &
Personal Home Care

Mary Ann Morse Home Care

508.433.4479

Long-Term & Memory
Care, Short-Term &
Outpatient Rehab

Mary Ann Morse Healthcare Center

508.433.4400


**MARY ANN
MORSE**
HEALTHCARE CORP.
maryannmorse.org

DID YOU KNOW?

Many insurance providers offer a reimbursement for fitness classes. Check with your health plan provider for details. Checking in at the Callahan lobby kiosks helps track your class attendance and fees for reimbursement purposes. See the front desk with questions.

LEARN SOMETHING NEW**CALLAHAN COMPUTER CLASSES**

Instructor: Ralph Dunlea

Space is limited! Registration required: 508-532-5980.

**INTRO TO PERSONAL COMPUTERS**

Tuesday, October 10, 2-3:30 p.m.

Instructor: Ralph Dunlea

Register by 10/6

This class will provide an introduction to personal computers, including laptops (PCs and Macs), desktop models and Chromebooks. We'll help you better understand your computer hardware, operating systems and common terms used in technology. You'll also learn about popular internet tools/applications and how to protect equipment from harmful viruses.

INTRODUCTION TO WINDOWS 11

Thursday, October 26, 2-3:30 p.m.

Register by 10/25

This class is intended for laptop and desktop users who are new to Windows 11 (or PCs) and would benefit from an overview. Windows 11 has some new features that may be confusing to users of earlier versions of Windows. We will cover the sign-in screen, start menu and desktop. Plus you'll learn helpful tips on running applications, connecting to the Internet, and security.

TECHNOLOGY CHALLENGES? WE CAN HELP!**ASK-THE-EXPERTS**

Thursdays, 10 a.m.-noon

Our Ask-the-Experts team is available to help with your technology issues and questions. Whether you use a smart phone, tablet, laptop, or desktop, we can assist with:

- Trouble-shooting issues with your equipment.
- Helping you stay protected against viruses and spyware.
- Solving issues you may be experiencing with programs and applications.
- Answering questions you may have about email, internet search, cell-phone features, and more.



This free service is available by reservation or on a first come, first served basis.



Special thanks to Nancy for leading the Red Hat Honey Bees at Callahan since 2006. Nancy always infused the group's meetings with good conversation, creativity and fun. She continues to facilitate the Contract Bridge Group at the Center. The bridge group plays Thursdays, 9:30-11:30 a.m. and welcomes new players. No need to register in advance.

DISCUSSION GROUPS, GAMES & MORE**IN-PERSON ACTIVITIES:**

ASK THE COMPUTER EXPERTS: Thursdays, 10 am-noon

BINGO: Wednesdays, 1-3 pm, please plan to arrive earlier to purchase cards (\$1 each). Game starts promptly at 1 pm.

BLOOD PRESSURE CLINIC: Wednesdays, 9-noon

BOOK DISCUSSION GROUP: Thursday, October 5, 1:30-2:30 pm

BOWLING: Mondays, 10 am, Ryan's Family Amusement located on Route 109 in Millis, \$15 including shoes. For more info, please contact Ruthann at ram2151@comcast.net or 508-872-5826.

CHAIR VOLLEYBALL: Mondays, 2 pm & Tuesdays, 12:30 pm

COMPUTER ROOM: M,W,Th, 9-4; Tues, 9-7 pm; Fri, 9-1 pm (Closed during computer classes.)

CONTRACT BRIDGE: Tuesdays, 9-11:30 am.

CRIBBAGE: Thursdays, 9:30-11:30 am

DISCUSSION GROUP: Thursdays, 11 am-12:30 pm

GENEALOGY GROUP: Mondays, 1-4 pm

GRUPO LATINOAMERICANO: Thursdays, 11 am-12:30 pm

KNITTERS: Friday, October 27, 10:30 am-noon

MAH JONGG: Tuesdays & Thursdays, 10:15 am-1 pm

MARY MAKE DO (sewing/quilting): Mondays, 10 am-4 pm

OPEN SEW: Fridays, 9 am-1 pm

PINOCHLE: Mondays and Tuesdays, 9-10:30 am

POKER: Fridays, 9-11 am

POOL TABLES: M,W,Th, 8:30 am-4 pm; **Tues, 3-7 pm;** Fri, 8:30 am-1 pm (Pls. note change to Tuesday schedule)

SPORTS FANATICS: Mondays, 10 am

TABLE TENNIS: M,W,Th, 8:30 am-4 pm; Tues, 8:30 am-7 pm; Fri, 8:30 am-1 pm *Note: The tables are not available from 3-4 pm on the 2nd and 4th Tuesday of every month.*

CONTINUING ON ZOOM:

CONVERSATION & HUMOR: Fridays, 12:30 pm

OPENINGS FOR VOLUNTEERS

The Callahan Center is currently looking for volunteer assistance in the following areas:

- **Volunteer to assist with Connections at Callahan –** We're hoping to reactivate a former Social Service program called Connections at Callahan. The program is designed to help people with memory challenges to remain physically and socially active. Volunteers will be trained as Partners to accompany a senior with memory decline to participate in programs and activities at the Callahan Center. For more information, contact Lisa at 508-532-5980, ext. 4108.
- **Help sign in participants for our fitness programs.** Shifts available on a variety of dates/times. Time commitment: Approximately ½ hour.
- **We're also looking for a Bingo Assistant** on Wednesdays, 12:45-3:15 pm, several times a month.

Please contact Roberta for more information: rho@framinghamma.gov or call 508-532-5980, ext. 4102.

ALZHEIMER'S CAREGIVING SUPPORT GROUP

Wednesday, October 4, 11-12:30 p.m.

This drop-in support group is geared toward individuals living apart from loved ones who are currently in long-term care or assisted living dementia care. Please contact Lisa at 508-532-5980, ext. 4108 for more information.

BETTER BREATHERS GROUP

Wednesday, October 11, noon-1 p.m.

Featuring guest speaker on the topic of COPD. See page 4 for details.

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Facilitator Cheryl Burgess leads this monthly discussion group covering resources and practices designed to promote respiratory health. Cheryl has more than 20 years of experience as a Director of Respiratory Care and currently works for MedMinder Pharmacy.

BEREAVEMENT SUPPORT GROUP

Tuesday, October 10 & 24, 1 p.m.

This group, led by Jaime Fitts, MSW, LICSW is offered in partnership with Brookhaven Hospice. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

CAREGIVER SUPPORT GROUP

Thursday, October 26, 2-3 p.m.

If you're interested in learning more about this group, please contact Cheryl Lavalley, LICSW, at 508-532-5980, ext. 4134.

GRANDPARENT SUPPORT GROUP

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

LOW VISION GROUP

Wednesday, October 18, 11 a.m.-12:30 p.m.

In Person and on ZOOM

A monthly support group for people living with low vision. Group shares resources, hosts guest speakers, and provides open discussion on a range of pertinent topics.

PARKINSON'S SUPPORT GROUP

ON ZOOM: Tuesday, October 3, 1-2 p.m.

IN PERSON: Tuesday, October 17, 1-2 p.m.

Please call Lisa at 508-532-5980, ext. 4108 for more information.

MEDICAL EQUIPMENT AVAILABLE TO BORROW

Durable Medical Equipment (DME) is available at the Callahan Center for Framingham residents to borrow at no charge, as inventory allows. **It is important to call in advance to reserve a requested item, as our inventory is limited.** Contact Social Services at 508-532-5980, ext. 2. **Please note, we are unable to accept donations of Durable Medical Equipment at this time.**

WE CAN HELP

The Callahan Center's Social Services Department is knowledgeable about LGBT community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please reach out to us at 508-532-5980.



For information about Springwell's LGBTQ+ Initiative and Pathways events for LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies), please contact LGBTQ+ Initiative Coordinator Julie Nowak on Springwell's confidential LGBTQ+ helpline at 508-573-7288.

DID YOU KNOW?

YOU ALREADY PAY FOR MASS SAVE!

You are already paying into the Mass Save program, so why not take advantage of a no-cost home energy assessment and Mass Save rebates? The Mass Save program is funded by the energy efficiency charges found on all customers' gas and electric bills. Find out more on ways to save when you schedule a no-cost Home Energy Assessment. Connect with an Energy Specialist to help you find energy-saving opportunities in your home. Visit masssave.com/metrowest or call 508-714-7368.

TIPS TO AVOID BEING SCAMMED

Adapted from an article by Andrew Rayo,

<https://consumer.ftc.gov/>

Scammers know how valuable your personal and financial information is, and they'll do or say almost anything to get it. Here are a few tips to keep your info safe:

- Don't give your info to anyone who contacts you out of the blue. Honest organizations won't call, email, or text to ask for your info, like your Social Security, bank account, or credit card numbers.
- Don't click on any links. If you get an email or text from a company you know and do business with, contact them using a website you know is real. Or look up their phone number but don't call a number they gave you or the number from your caller ID.
- Update your security software. This will protect your computer and phone from security threats, which could expose your personal or financial info to scammers.



CARLYLE HOUSE

342 Winter Street, Framingham, MA
www.carlylehouse.biz

508-879-6100

Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



HOME SHARING

Home Sharing is here! The Callahan Center is pleased to be partnering with Jewish Family Services of MetroWest. We are identifying seniors who would like to share their home to defray living expenses with another senior looking to downsize or needing reasonable rent. There are many reasons to consider this new option. For more information, please call Lisa at 508-532-5980, ext. 4108 or email: lau@framinghamma.gov.

HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2023-2024

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the **first time**. Please contact Cheryl at 508-532-5980, ext. 4134 for information and eligibility requirements.

FLASHFOOD - NEW APP TO SAVE MONEY!

FLASHFOOD is a new free app that gives shoppers access to exclusive deals on items including meat, produce, seafood, dairy, deli, and bakery products that are nearing their best-by date. In addition to offering great deals for customers, the program helps grocery stores reduce food waste. Stop & Shop is the first retailer in Massachusetts to offer the program. Shoppers can download the Flashfood app, available for iOS and Android, to start browsing deals on fresh items nearing expiration. Shoppers make their purchases right in the app, then pick-up their order the same day from the "Flashfood zone" inside participating Stop & Shop stores, which include both Framingham locations. For more information, visit <https://www.flashfood.com>.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much**

as \$100 per month available to buy groceries. The money you save on your grocery bill could be put toward other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

*FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon through Thurs. 9 am to 3:30 pm; Fri. 9 am to 1:30 pm. Market Basket only Wed. & Fri. mornings. Call the Callahan Center at 508-532-5980 to initially register for van service. **Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides.**

FREE TAXI SERVICE AGE 60+:

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from MassDevelopment Finance Agency to provide Framingham residents ages 60+ with **limited/occasional** free round-trip taxi rides from Tommy's Taxi locally and beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.



MEDICARE PLANS CHANGE EVERY YEAR! THIS IS THE TIME TO DECIDE ON YOUR COVERAGE FOR 2024

SHINE can help!

SHINE counselors provide free Medicare counseling to help you compare options.

Call the Callahan Center (509-532-5980, ext. 0) for a SHINE appointment between October 15 and December 7.

REMINDER: At your appointment, please have your Medicare card, other insurance cards, your drug list, and your Medicare account username and password. If you don't have an account, you can go to [medicare.gov](https://www.medicare.gov) to create one.

For SHINE related matters (other than an appointment), call the MetroWest SHINE regional office at 781-453-8076. Once you get the SHINE answering machine, leave your name, town, and phone number. A volunteer will return your call within 2 days.



Good Bank. Good Neighbor.

MutualOne.com

Member FDIC/SIF

MutualOne Bank
has a proud history of "doing good."
Whether providing grants through the MutualOne Charitable Foundation, contributions to fund local programs or events, or sending employee volunteers to help make a difference, MutualOne is proud to be a good bank – and good neighbor.



Framingham 828 Concord Street • One Lincoln Street
Natick 49 Main Street • 508.820.4000

FRIENDS BOARD MEMBERS

President.....Mary Megill
Vice President.....Patrick Dunne
Treasurer.....Len Brenner
Assistant Treasurer.....Michelle Nicholas
Corresponding Secretary.....Marie Gibbons
Sunshine Lady.....Carol Lach

Board Members:

Karin Beth, Mary Chapin, Jim DeSimone, Diane Egan, Robert Jonason, Denise Liset, Chris Lorant, Norma Kramer, Kathy Mello, Elaine Murphy, Donna Shaw, Sheila Watnick

Friends Board Meeting

Tuesday, October 3, 2:30 p.m.

FRIENDS DINE-AROUND

Margaritas, October 4

BJs Restaurant, October 18



Join us for TWO Dine Arouds this month! 20% of the food portion of your bill will be donated back to the Friends of Callahan Center. Good for dine in or takeout only. Not good on delivery, specials or coupons. Outdoor seating weather permitting. Flyers are available from the front desk or Constant Contact and MUST be presented to the order taker to ensure the donation back to the Friends. Everyone who signs up at the front desk (508-532-5980) and participates will be registered for a chance to win a \$25 Gift Card to the restaurant. Note: Winner's name will be used by Friends of Callahan to promote program.

Margaritas:

725 Cochituate Rd (Rte. 30), 508-309-7348

BJs, Restaurant & Brewhouse:

Rte. 9 East, 774-427-0020

SAVE THE DATE!

11/15, JP's Restaurant & Pub

A NOTE FROM THE FRIENDS OF CALLAHAN

Fall is the season for all senses. The crisp air brings sweet relief from those hot, muggy summer days and the comfort of getting back into a steady routine after the summer. Once fall starts, most people resume their everyday routines, making it easier for friends to get together and socialize.

Coming to the Callahan has been welcoming for so many, with the variety of activities the center offers. We as the Friends, have our monthly Dine-Around, Friends Lunch, and Local and Distant Travel opportunities. On Wednesday, October 11 at noon we will have a "Meet the Board," where you as a community will get to know us and what we do as board members. This will be a time when you can share concerns you might have, ask questions and share ideas with us.

Have you checked out our Friends Corner Bulletin Board in the Friends Cafe? We are working hard to make your experience at



the Center a great one. Check frequently for updates.

As a final thought, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Mary Megill
President of the Friends of Callahan

To receive Constant Contact updates from the Friends including the online version of the Callahan Courier newsletter, please send your email address to: callahan.friends@yahoo.com.



Fill Out Form

Not a member of the Friends of Callahan? It's easy to join!

Membership is \$15.00 for individual and \$20.00 for couples.

Name _____

Date of Birth _____

Address, City, State, Zip _____

Email Address _____

Cell Phone _____ **Home Phone** _____

The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.

"The Difference is Love"



St. Patrick's Manor

863 Central St., Framingham, MA 01701

We Have Availability

Long Term Care

Skilled Nursing

The Guardian Angel Center for Hospice

Rosarie Center for Short Term Rehab

Lourdes Center for Memory Care

Contact our admissions office today

508-879-8000

www.stpatricksmanor.org





Welcome Liana!

The Callahan Center is pleased to welcome new staff member, Liana Santos, Bilingual Outreach/DME Coordinator in the Social Service Department. Liana will serve as an outreach worker to the Portuguese and Latino communities. She will also coordinate our Durable Medical Equipment Program (DME). To reach Liana regarding DME requests or outreach, please email lsantos@framinghamma.gov or call 508-532-5980, ext. 4111.



Meet Niri - Pictured on left: Niri (r) Energy Advocate for the City of Framingham and Town of Natick with Shawn Luz (l), Sustainability Coordinator, City of Framingham. Niri is working with residents and small businesses to raise awareness and educate the public on Mass Save, provide guidance and support to residents, and build local partnerships. To learn more about how Niri might help you benefit from Mass Save programs, please contact her at nkumar@framinghamma.gov or 508-532-5504.

Our appreciation to Silverwood Farm and Springwell for the delivery of fresh produce for people 60 and older. Vegetables were distributed during surprise giveaways at the Center during July through September, based on supply. This program was made possible by funding from the Older Americans Act as granted by Springwell. Pictured: Volunteer Coordinator Roberta Ho receiving just-picked vegetables from James from Silverwood Farm.



The Continuing Connections group at Callahan gathered for a special lunch to share their thanks and best wishes to Deb Bourke (standing on left), Continuing Connections, Program Asst. on her last day at Callahan.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at www.springwell.com



(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



Casa de Ramana Rehabilitation Center

www.casa-rehab.com | 508.872.8801 | 485 Franklin Street, Framingham, MA




Offering short-term rehabilitation, long-term care, a certified dementia unit and hospice care.

Our Short-Term Rehab Unit Services Include:

- Skilled nursing care
- Physical therapy, occupational therapy and speech therapy
- We specialize in OTAGO - a muscle strengthening and balance retraining program
- Our therapy team is certified in LSVT BIG and LOUD® therapy - for those diagnosed with Parkinson's Disease and other movement diagnoses
- OmniVR - a virtual reality therapy system that enables functional rehabilitation for aging adults and others with physical limitations



Movement Disorders • Technology • Newly Renovated Gym

MONDAY	TUESDAY
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball 2-3 Parkinson's Movement Class</p> <p>2</p>	<p>8:30-7 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1-2 ZOOM: Parkinson's Support Group 2:30 Friends Board Meeting 3-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>Canceled: Mobility, Flex, & Balance with Ann</p> <p>3</p>
<p>CLOSED FOR COLUMBUS DAY</p> <p>9</p>  <p>Callahan Bowling will meet today! 10 a.m. Ryan's Family Amusement, Millis, \$15</p>	<p>8:30-3 Table Tennis 9-7 Fitness Room \$2 9-1:30 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 9:30 2024 Medicare Open Enrollment Options, Presented by MetroWest SHINE 11 Zumba \$3 12:30 Chair Volleyball 1 Bereavement Support Group 1:30 COA Board Meeting 2-3:30 Intro to Personal Computers with Ralph Dunlea 3-7 Pool Tables 3:30-7 Computer Room 4-7 Table Tennis 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>10</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-12 Drop-In Hours with State Rep. Priscila Sousa 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball 2-3 Parkinson's Movement Class</p> <p>16</p>	<p>8:30-7 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1-2 Parkinson's Support Group 1 ZOOM: Artistic Collaborations & Competitions, Made for Each Other, Presented by Jane Oneail  3-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>17</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 2 Chair Volleyball</p> <p>23</p>	<p>8:30-3 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1 Bereavement Support Group 1:30-3:20 Movie: NOMADLAND, Rated R 3-7 Pool Tables 4-7 Table Tennis 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>24</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 2 Chair Volleyball</p> <p>30</p>	<p>8:30-7 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1:30 Singer/Songwriters of the '60s, Presented by John Clark  3-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>31</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Mindful Living & Meditation \$3 11-12:30 Alzheimer's Caregiving Support Group 1-3 Bingo</p> <p>Canceled: Small Ball & Weights with Ann</p> <p>FRIENDS DINE AROUND Margaritas 725 Cochituate Rd, Framingham</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p> <p>Canceled: Mobility, Flex, & Balance with Ann</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office 11 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$10 per person (registration required by 9/8) 12 Meet the Friends Board 12 Better Breathers 1-3 Bingo</p> <p>Canceled: Small Ball & Weights with Ann</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room, 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 The Kennedy Saga, Part 2, Presented by Rick Tulipano</p> <p></p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Small Ball & Light Weights with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND BJs Restaurant & Brewhouse Route 9 East, Framingham</p> <p></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Great Tours DVD: London, Oxford & Cambridge</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Small Ball & Light Weights with Ann, \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p>	<p>830-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-1:30 Computer Room, 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Rocky Mountain Parks, Presented by Stephen Farrar 2-3:30 Intro to Windows 11 with Ralph Dunlea 2 Caregiver Support Group</p> <p></p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 10:30 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
 <p>CULTURAL PROGRAM ON ZOOM 10/17, 1 pm: Artistic Collaborations & Competitions, Made for Each Other, Presented by Jane Oneail</p> <p>FITNESS & DISCUSSION GROUPS ON ZOOM Chair Yoga, Tuesdays: 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 pm</p> <p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Low Vision Support Group Parkinson's Support Group Grandparent Support Group Call 508-532-5980, ext. 4108 for more info</p> <p><i>The fitness center is not available on Thursdays from 1:30-2:45 pm.</i></p> <p><i>Table Tennis area is reserved for special programming on the 2nd and 4th Tuesdays from 3 to 4:30 pm</i></p>		



ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**

*Arthur is an elder law attorney in the
Trusts and Estates Group at Mirick O'Connell.*

GIVING IT AWAY BEFORE AND AFTER YOU DIE

One of the greatest gifts you can give your family is the gift of not making them have to decide what to do with all your "stuff" when you pass away. While it would be trite to say each situation, and each thing you own, is unique, here are a few tips for dealing with this issue:

- There may be things you own that someone in your family would find especially important to inherit. Have you ever asked your kids and grandkids what that might be? This usually has nothing to do with the item's value, so don't think about having to divide up these items "equally." If there are things you want to leave to particular people at death, make a list, sign it, and keep it in a safe place (like your lawyer's office). If you want it to be legally binding, refer to the list in your Will.
- Even better, give it away now. Do you still really need that item of jewelry, piece of china, tool, or other thing that your child or grandchild might really cherish? Give it to them now, so they can thank you in person.
- Speaking of giving, the people I talk to continue to be obsessed with the false notion that they will owe a gift tax if they give anyone more than a particular amount (which is now \$17,000, by the way) in a year. Unless you plan on giving away more than the federal estate tax threshold (now over \$12 Million each) during your lifetime, there is no limit to the amounts you can give now. So why wait to give each grandchild that small (or large) bequest through your Will? Give it to them now. You'll actually get to see the smiles.
- Your car is an ideal thing to give away before you die, especially if you're not driving anymore, if you still own it at death, there will need to be a probate filing to give someone the ability to transfer the title after you die.
- Another source of inadvertent and otherwise unnecessary probates is the ownership of U.S. Savings Bonds. Old ones that have matured and on which interest is no longer accruing are really the worst. Either name someone as a death beneficiary on the bonds or own them in joint name or cash them in today. And, if you want, give people the money now that they were going to get from the sale of the bonds after you die.
- Talk to your estate planning lawyer if you have questions about any of this. It may save your children thousands of dollars in unnecessary legal fees after you die.

If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on AFTV (Verizon 43; Comcast 9) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. If you have any questions, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.



MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact

Arthur P. Bergeron
508.860.1470
abergeron@mirickoconnell.com



Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"



Follow our Blog:
"Getting All Your 'Docs'
in a Row"

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337
www.mirickoconnell.com

Answer to Previous Sudoku

1	9	7	5	6	2	8	4	3
3	8	2	4	9	1	5	7	6
4	6	5	7	3	8	9	1	2
9	5	3	2	7	6	4	8	1
7	2	8	3	1	4	6	5	9
6	4	1	9	8	5	3	2	7
2	1	9	8	5	3	7	6	4
8	7	4	6	2	9	1	3	5
5	3	6	1	4	7	2	9	8

Game answers for this issue will be published in next months issue.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	8				2	6	7	
7		9	8					4
6	4				5		8	2
	5							
		1				4		
		4		8				
				5				
	6		4		7		5	
		8	9		6	7		

©2021 Satori Publishing

DIFFICULTY: ★★☆☆☆

ENIGMA™ CRYPTOGRAM

“BGXZL-RTYLPLYPDD TD EWP GPDCFE
XN NFZEEPTYA WTAW-RTYLPLYPDD
XCE.”

— APXGAP DZYEZJZY

PREVIOUS SOLUTION: “Let everyone sweep in front of his own door, and the whole world will be clean.” — Goethe

©2020 Satori Publishing

E012

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: “Y” = “N”

CROSSWORD PUZZLE

ACROSS

- 1 Warm
- 5 Absent
- 8 Three-handed card game
- 12 Intl. Standard Book Number (abbr.)
- 13 Florida (abbr.)
- 14 Braz. tree
- 15 Play
- 17 Son of lot
- 18 His (Fr.)
- 19 First stomach
- 21 British thermal unit (abbr.)
- 22 Evil
- 23 Bargain
- 25 Grain beetle larva
- 29 Linnet
- 32 Turk. title
- 33 Pouch
- 35 Niger-Congo language
- 36 Passageway
- 38 Rom. galley
- 40 Fresh-water

DOWN

- 42 Dutch commune
- 43 Serum (pref.)
- 45 Wife of Balder
- 47 Asbestos (abbr.)
- 50 Initial (abbr.)
- 52 Ern (2 words)
- 54 Before
- 55 Posed for a portrait
- 56 Gas
- 57 National (abbr.)
- 58 Unclose
- 59 Mother of Pollux

DOWN

- 1 Express disapproval
- 2 It. family
- 3 Down with (Fr., 2 words)
- 4 Explosive letters
- 5 Larine (2 words)
- 6 Flemish (abbr.)
- 7 Celebrated

ANSWER TO PREVIOUS PUZZLE

I	D	E	S	E	V	I	L	C	A	D
S	E	X	T	S	E	B	I	R	I	O
O	L	E	A	T	R	O	N	U	D	O
C	O	P	T	I	C	B	A	B		
A	G	L	E	T	C	E	L	A	D	O
N	E	A	B	U	D	E	M	E		
T	E	R	R	I	E	R	L	E	B	E
	B	C	E	S	A	V	O	I	E	
N	O	R	I	A	H	A	G	E	N	
A	G	A	R	E	A	R	N	A	C	L
G	A	L	U	R	F	A	I	I	W	I
A	M	E	S	E	T	H	F	R	O	E

- 8 “Casablanca” character
- 9 Nodal
- 10 Malay law
- 11 Forbidden
- 16 Russ. inland sea
- 20 Ensnare
- 22 Blue-gray
- 24 In the know
- 25 Council for Econ. Advisors (abbr.)
- 26 Male friend (Fr.)
- 27 Area
- 28 Sup
- 30 Head covering
- 31 Compass direction
- 34 Scalloped
- 37 Belonging to (suf.)
- 39 Scientific name (suf.)
- 41 Rope
- 43 Condition (suf.)
- 44 Sicilian resort
- 46 Wagon tongue
- 47 Chills and fever
- 48 Rosebud, e.g.
- 49 Edomite king
- 51 To or from a distance (pref.)
- 53 Amer. Football League (abbr.)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18				19					20		21	
			22			23		24				
25	26	27			28		29			30	31	
32				33		34		35				
36				37		38		39				
		40			41		42					
43	44			45		46			47	48	49	
50			51		52				53			
54					55				56			
57					58				59			

©2023 Satori Publishing

A118

YOU'RE INVITED!

We invite you to come and experience our affordable, independent, and assisted living options at the **Orchard Hill at Sudbury**. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!



ORCHARD HILL ASSISTED LIVING

978-218-3010 | 761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.com

CALLAHAN COURIER FRAMINGHAM *on the go!*

NEWS & ACTIVITIES | VOLUME 11, NO. 10, OCTOBER 2023

Callahan Senior Center
535 Union Avenue
Framingham, MA 01702



CARRIAGE HOUSE AT LEE'S FARM

A NORTHBRIDGE ASSISTED LIVING COMMUNITY

What's really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. **They know my parents**, they know what they like, **and they make them feel right at home.**

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com

Independent Living | Assisted Living | Avita Memory Care

Find us online: carriagehousewayland.com | facebook.com/carriagehouseatleesfarm

